



St Paschal Baylon Catholic Primary School

Following In The Footsteps Of Christ

Friday 5th March 2021

Dear Parents/ Carers,

We are looking forward to seeing all of our children return to school on Monday 8th March. We know that lots of our children are excited about being back in school learning and seeing their friends again. We are also aware that this transition back into school can be an emotional time and we are committed to ensuring that our children receive the support they need to feel happy, safe and calm. During the first week back in school, we are delighted to have organised for Miss Maguire (a fully trained children's relaxation and yoga teacher) to deliver a Relaxation and Calm Down session to every class. These sessions will provide children with some time to relax and have some quiet time within a busy week along with teaching them some age appropriate relaxation techniques which they can use independently both in school and at home whenever they need them. The teachers will be taking part too!

Throughout these next few weeks of the Spring term, children will be given lots of opportunities in class to talk about how they are feeling using the ROAR Rainbow and practise ways and techniques of helping themselves to move up the rainbow.

We know that our wonderful children will enjoy these activities and maybe they will be able to share some relaxation techniques with you at home!

With thanks for your continued support

Miss L Kavanagh

Deputy Head teacher

Mental Health Lead

Head Teacher: Mr E Flood
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